OWNER'S MANUAL Model No. GV5

GEORGE FOREMAN™





IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed, including the following:

- 1. Read all instructions before using appliance.
- 2. Do not touch hot surfaces. Use handles or knobs and oven mitts or pot holders.
- 3. To protect against electric shock do not immerse cord, plugs, or body of unit in water or other liquid.
- 4. Close supervision is necessary when any appliance is used near children or infrimed persons.
- 5. This appliance is not for use by children or infirmed persons.
- Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning the appliance.
- 7. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or has been dropped or damaged in any manner. Contact consumer service for return authorization, examination, repair or adjustment.
- 8. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
- 9. Do not use outdoors or while standing in a damp area.
- 10. Do not let cord hang over edge of table or counter, or touch hot surfaces.
- 11. Do not place on or near a hot gas or electric burner, or in a heated oven.
- 12. To disconnect, press ON/OFF button to OFF, then grasp plug and remove from wall outlet.
- 13. Do not use appliance for other than intended use.
- 14. Do not move the Contact Roaster containing hot oil or other hot liquids. Allow liquid to cool before removing and emptying drip tray.
- 15. Always return to supplier for repairs.
- 16. This appliance is not a toy.

SAVE THESE INSTRUCTIONS THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY

Apple Cake

1 cup self-rising flour
1/2 cup whole wheat flour
1/2 cup brown sugar
1 1/2 tsp. cinnamon
1/2 cup applesauce
3/4 cup cholesterol-free egg product
1/2 cup skim milk
1 tsp. lemon rind
1/2 cup raisins
1/2 cup chopped walnuts
1 baking apple, peeled and sliced

- Preheat the Contact Roaster.
- Coat the Baking Pan with non-stick spray.
- Sift the self-rising flour, whole wheat flour, brown sugar and cinnamon together in a bowl.
- Stir the applesauce, egg product and milk together then combine with the flour mixture. Stir in the lemon rind, raisins, walnuts and apples. Pour into the Baking Pan.
- Using oven mitts, insert the Baking Pan into the Contact Roaster.
 Close the Lid and set the Timer for 30 minutes. Check for doneness and continue baking if necessary.
- Yield: Serves 4

Additional Important Safeguards

- 1. CAUTION: This appliance generates heat and escaping steam during use. Proper precautions must be taken to prevent the risk of burns, fires or other damage to persons or property.
- 2. All users of this appliance must read and understand this Owner's Manual before operating or cleaning this appliance.
- 3. The cord to this appliance should be plugged into 230-240V AC electrical outlet only.
- 4. When using this appliance, provide adequate air space above and on all sides for air circulation. Do not allow this appliance to touch curtains, wall coverings, clothing, dish towels or other flammable materials during use. Do not put anything on top of the oven when it is hot. Make sure the counter top material can withstand the heat from the Contact Roaster.
- 5. Do not use plastic dishes inside the Contact Roaster.
- 6. Do not leave this appliance unattended during use. This unit does NOT shut off by itself.
- 7. This appliance generates steam—do not operate in open position.
- 8. If this appliance begins to malfunction during use, immediately switch off and unplug cord from outlet. Do not use or attempt to repair the malfunctioning appliance.
- Using pot holder, hold the top cover (Lid) open while placing or removing food or Baking Pan to prevent accidental closing and injury.
- 10. Always open the Lid before removing Baking Pan.
- 11. CAUTION: Hot surfaces.

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Short Cord Instructions

A short power-supply cord is provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord. Extension cords are available and may be used if care is exercised in their use.

If an extension cord is used, (1) the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and (2) the cord should be arranged so that it will not drape over the counter top or table top where it can be pulled on by children or tripped over unintentionally.

Electric Power

If the electric circuit is overloaded with other appliances, your appliance may not operate properly. It should be operated on a separate electrical circuit from other appliances.

Note: If a power interruption occurs, the Contact Roaster will return to preheat and the power will still be "on".

Fruit Pizza

1 6.5 oz. package pizza crust mix 2 Tbsp. strawberry preserves 1/4 cup diced apples 1/4 cup diced pears 1 kiwi, sliced

- DO NOT preheat the Contact Roaster.
- Mix the pizza crust according to package directions.
- Spray the bottom of the Contact Roaster with non-stick spray. Press the dough into the bottom and up the sides 1-inch of the cold Contact Roaster.
- Spread the crust with preserves, then top with remaining ingredients.
- Close the Lid. Set the Timer for 15 minutes. Check for doneness and continue baking if necessary.
- · Yield: Serves 4

Fat-Free Brownies

1 cup sugar 1 cup all-purpose flour 1/2 cup cocoa 1 tsp. baking soda 1 1/3 cups applesauce 4 egg whites 2 tsp. vanilla

Topping

1 Tbsp. powdered sugar

- · Preheat the Contact Roaster.
- Coat the Baking Pan with non-stick spray.
- Sift the sugar, flour, cocoa and baking soda together in a bowl. Use a
 whisk to beat the applesauce, egg whites and vanilla together.
 Combine the egg white mixture into the flour mixture, do not over mix.
 Pour into the Baking Pan.
- Using oven mitts, insert the Baking Pan into the Contact Roaster.
 Close the Lid and set the Timer for 30 minutes. Check for doneness and continue baking if necessary. Sprinkle with powdered sugar.
- Yield: Serves 4

Ginger Salmon Steaks

2 10-oz. salmon steaks, 1-inch thick 2 Tbsp. vegetable oil 2 green onions, thinly sliced 1 Tbsp. minced ginger 1 clove garlic, minced pinch red pepper 1 Tbsp. lemon juice 1 tsp. soy sauce

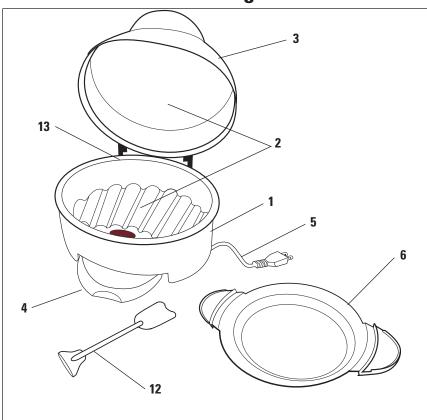
- Place the Baking Pan into the Contact Roaster and add the vegetable oil. Close the Lid and preheat to heat the oil.
- At the end of the preheat time, add the green onions. Close the Lid and set the Timer for 10 minutes. Stir in ginger, garlic and red pepper, close the Lid and set the Timer for 3 minutes. Stir in the lemon juice and soy sauce.
- Carefully place the salmon steaks in the onion mixture and then turn over to coat both sides. Close the Lid and set the Timer for 25 minutes. Check for doneness and continue baking if necessary.
- Yield: Serves 2

Flounder Fillet with Crumb Topping

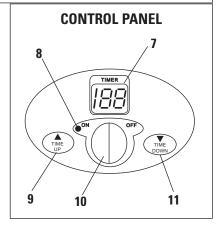
1 lb. flounder fillets, 1-inch thick 2 tsp. lemon juice 1/2 cup seasoned bread crumbs 2 Tbsp. grated Parmesan cheese 2 tsp. chopped parsley 1/3 cup no-fat mayonnaise

- Preheat the Contact Roaster.
- Coat the Baking Pan with non-stick spray and add the fillets, tucking under the tail sections to make it the same thickness. Brush the top of filets with the lemon juice.
- Combine the bread crumbs, Parmesan cheese, parsley and the mayonnaise. Spread over the fillets.
- Using oven mitts, insert the Baking Pan into the Contact Roaster.
 Close the Lid and set the Timer for 30 minutes. Check for doneness and continue baking if necessary.
- · Yield: Serves 4

Getting To Know Your GV5 Lean Mean Contact Roasting Machine



- 1. Roasting Machine Body
- 2. Heating Plates
- 3. Lid with Handle
- 4. Drip Tray (P/N 21678)
- 5. Power-Supply Cord
- 6. Baking Pan (P/N 21679A)
- 7. Variable Timer Display (LED)
- 8. Power On Indicator
- 9. Variable Timer Up Button
- 10. ON-OFF Button
- 11. Variable Timer Down Button
- 12. Cleaning Utensil (P/N 21788)
- 13. Cord Wrap Area



How To Use George Foreman's Lean Mean Contact Roasting Machine

- Place the Contact Roaster on a stable and level surface, such as a counter top. Wipe the Heating Plates with a damp cloth to remove all dust. Make sure the ON/OFF Button is in the "OFF" position.
- Make sure the size of meats, poultry or other foods fit into the Contact Roaster before preheating.
- 3. To preheat: Close the Lid and plug cord into 230-240V AC power outlet. Press the ON/OFF Button to the "ON" position. The Power On Indicator will illuminate. The Variable Timer Display will alternately flash "ph" and "5" indicating the start of the 5 minute preheat countdown. When preheat is complete the unit will beep 4 times and the Timer Display will flash "ph". If cooking time is not entered the unit will beep periodically as a reminder that the unit is ON and ready to cook.
- Use a pot holder or oven mitt to carefully open the Lid.
- Slide the Drip Tray under the front of the unit.
- 6. Wear oven mitts and use plastic or wooden utensils to carefully place food into the Contact Roaster. Always use plastic or wooden utensils to avoid scratching the non-stick surface. Never use metal tongs, forks or knives as these can damage the non-stick coating. Use oven mitts when inserting Baking Pan into the hot Contact Roaster. Use the Baking Pan to cook foods containing liquids.
- 7. Close the Lid. Set the Timer by pressing the UP or DOWN arrows to obtain your desired cook time. (Please note that the Contact Roaster will accept a maximum of 150 minutes.) The Display will show the set time. See the Suggested Cooking Chart on the following page and the Recipe Section for specific details and suggestions.

CAUTION: Do not preheat or cook with the Lid in the open position.

- 8. Allow the food to cook for the set time. Do not leave appliance unattended during use! During roasting, the Timer Display will begin counting down. When the set time has elapsed the unit will beep 4 times. The Display will alternately flash "00" and "on" as a reminder that the power is still on. The Power On Indicator will remain on until the ON/OFF Button is pressed to the "OFF" position. If the unit is not turned off, the unit will beep twice every 5 minutes as a reminder that the unit is still on.
- After the desired amount of time, the food should be done. Using a pot holder, carefully and slowly raise the Lid to allow steam to escape at the sides before fully opening. Check food for doneness using a cooking thermometer. If necessary, reset the Timer for additional time and check periodically to avoid over cooking.
- 10. Press the ON/OFF Button to the "OFF" position. Disconnect plug from wall outlet. CAUTION: To avoid any sparks at the outlet while disconnecting plug, make sure the "Power On Indicator" is off (not illuminated) before disconnecting the plug from the outlet.
- Wear oven mitts and carefully remove the food using plastic or wooden utensils.
 Always use oven mitts when removing Baking Pan and place on a heat resistant surface.
- 12. When cool, the Drip Tray may be removed and emptied. **Be sure the liquid has** cooled before removing Drip Tray.
- Thoroughly clean the Contact Roaster after each use. Refer to User Maintenance Instructions for details.

Salmon Loaf

1 15-oz. can salmon, drained
1/2 cup cholesterol-free egg product
1/2 cup skim milk
1 Tbsp. onion flakes
1 tsp. lemon juice
1 tsp. lemon pepper seasoning
1 tsp. Worcestershire® sauce
1/2 tsp. dry mustard
1/4 cup mayonnaise
3 slices whole wheat bread, crumbled
1 Tbsp. paprika

- · Preheat the Contact Roaster.
- Combine all the ingredients except the paprika.
- Coat the Baking Pan with non-stick spray and press in the salmon mixture. Sprinkle the top with paprika.
- Using oven mitts, insert the Baking Pan into the Contact Roaster.
 Close the Lid and set the Timer for 30 minutes. Check for doneness and continue baking if necessary.
- Yield: Serves 4

Sauerkraut and Sausage Casserole

1 Tbsp. low-fat butter
1/2 cup chopped red onion
1/2 cup chopped green pepper
14 oz. smoked turkey sausage, cut into 1/2-inch slices
1 14-oz. can Bavarian style sauerkraut, undrained

- Place the Baking Pan into the Contact Roaster and add the low-fat butter. Close the Lid and preheat to melt the butter.
- At the end of the preheat time, add the red onions and green peppers. Close the Lid and set the Timer for 10 minutes.
- Stir in the sausage and sauerkraut. Close the Lid and set the Timer for 30 minutes. Check for doneness and continue baking if necessary.
- Yield: Serves 4

Turkey and Vegetable Loaf

1/2 cup quick oats
1 1/4 lb. ground turkey breast
1/2 cup finely chopped celery
2 Tbsp. finely chopped green pepper
2 Tbsp. finely chopped red onion
1/2 cup finely chopped carrot
1 Tbsp. steak sauce
1/4 cup cholesterol-free egg product
1 8-oz. can tomato sauce, divided
salt and pepper to taste

- Preheat the Contact Roaster.
- Combine the oats, ground turkey, celery, green pepper, red onion, carrot, steak sauce, cholesterol-free egg product, and 1/2 of the tomato sauce.
- Coat the Baking Pan with non-stick spray and press in the meat mixture. Pour the remaining tomato sauce over the meat loaf.
- Using oven mitts, insert the Baking Pan into the Contact Roaster.
 Close the Lid and set the Timer for 60 minutes. Check for doneness and continue baking if necessary.
- Yield: Serves 4

Suggested Cooking Chart

Preheat the Contact Roaster before using to roast the following foods. The following times are meant to be used as guidelines only. Times will vary due to the cut or thickness of the meat or poultry being cooked. To be sure that the food is truly done, use a cooking thermometer. If the food does need more time to cook, reset the timer and check periodically so you do not over cook.

FOOD & QUANTITY	WEIGHT	COOKING TIME	INTERNAL FOOD TEMPERATURE
POULTRY			
Chicken, whole	Up to 1.5Kg	45-75 min.	77-82 °C
Chicken, whole	1.5-2.5Kg	60-75 min.	77-82°C
Rock Cornish Game Hens (2)	1/2Kg each	60-75 min.	82 °C
Turkey Breast, boneless	1.5Kg	75-90 min.	77 °C
BEEF			
Tenderloin	Up to 1.5Kg	60-90 min.	63-77 °C
Rib Roast	Up to 1.5Kg	60-90 min.	63-77 °C
Sirloin Roast	1.6-2.5Kg	75-105 min.	63-77 °C
PORK			
Center Loin Roast	1.5Kg	75-105 min.	71-77 °C
LAMB			
Leg	1.5-2.5Kg	105-120 min.	63-77 °C
MISCELLANEOUS			
Baked Potatoes (2-4)	0.3Kg	75-105 min.	Cook until soft

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User Maintenance Instructions

This appliance requires little maintenance. It contains no user serviceable parts. Do not try to repair it yourself. Contact a qualified appliance repair technician if the product requires servicing.

CAUTION: To avoid accidental burns, allow the Contact Roaster to cool thoroughly before cleaning.

- 1. Before cleaning, unplug the Contact Roaster from the wall outlet and allow to cool for approximately 30 minutes.
- 2. Inside cleaning: Place the Drip Tray under the front of the Contact Roaster. Wipe the plates with absorbent paper towel or a sponge. Run off will drip into the Drip Tray. If necessary, use the contoured plastic Cleaning Utensil to scrape off any excess fat or food particles from the Heating Plate. The opposite end of the Cleaning Utensil can be used to push any accumulated residue through the opening and into the Drip Tray.
- Stubborn build-up: Use a non-metallic scrubbing pad to clean the plates.
- 4. Empty the Drip Tray. Wash Baking Pan and Drip Tray in warm, soapy water. Rinse and dry thoroughly.
- 5. **Outside cleaning:** Wipe with a warm, damp sponge and dry with a soft, dry cloth.
- 6. Do not use steel wool, scouring pads, or abrasive cleaners on any part of the Contact Roaster.
- 7. DO NOT IMMERSE IN WATER OR OTHER LIQUID.
- Make sure to hold the top cover (Lid) by hand while cleaning to prevent accidental closing and injury.
- 9. Store the cord by wrapping around Cord Wrap Area only when Contact Roaster is fully cooled.

Marinated Roast Beef with Vegetables

2 lbs. tenderloin beef roast 1/2 lb. baby carrots 8 new potatoes, cut in half

Marinade

1/2 cup beef broth
1/4 cup olive oil
2 Tbsp. lemon juice
1/2 tsp. Tabasco pepper sauce
1/4 cup minced onion
1 clove garlic, minced

1/2 tsp. salt

1/2 tsp. dried basil leaves

1/2 tsp. dried tarragon leaves

1/2 tsp. prepared mustard

- Place the meat, carrots and potatoes in a sturdy zip lock bag.
- Mix all marinade ingredients together and pour over the meat and vegetables. Marinate in refrigerator at least 2 hours, turning occasionally.
- Preheat the Contact Roaster.
- Using a large slotted spoon, add the meat and vegetables to the Contact Roaster.
- Close the Lid and set the Timer for 90 minutes. Check for doneness and continue roasting if necessary.
- Yield: Serves 4-6

Beef Stew

- 1 Tbsp. low-fat butter
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 lb. stew meat, cut into 1-inch cubes
- 2 small carrots, cut into 1/2-inch slices
- 3 small potatoes, cut into 1-inch cubes
- 1/4 cup chopped prunes
- 2 Tbsp. all-purpose flour
- 1 bay leaf
- 1 tsp. dried thyme leaves
- 1 Tbsp. chopped parsley
- 1 1/2 cups beef broth
- Place the Baking Pan into the Contact Roaster and add the low-fat butter. Close the Lid and preheat to melt the butter.
- At the end of the preheat time, add the onions. Close the Lid and cook 10 minutes.
- Stir in the garlic, close the lid and cook 2 minutes.
- Combine remaining ingredients and stir into onion mixture. Close the Lid and set the Timer for 90 minutes. Check for tenderness and continue baking if necessary.
- · Yield: Serves 4

Roast Beef

- 4-5 lb. sirloin beef roast 2 tsp. all-purpose flour 1 Tbsp. dry mustard salt and pepper to taste
- · Preheat the Contact Roaster.
- Mix the flour, mustard, salt and pepper together and sprinkle over the roast.
- Using oven mitts and a plastic or wooden utensil, place the meat into the Contact Roaster and set the Timer for 75 minutes. Check for doneness and continue roasting if necessary.
- Yield: Serves 12-16

Recipes

NOTE: For all recipes, please remember to place Drip Tray under the front of the Contact Roaster to catch drippings from the cooking process.

NOTE: For recipes that do NOT require preheating the Contact Roaster – place food in the unit, close Lid and press ON. Even though the unit automatically goes into Preheat mode – simply adjust to the desired cooking time.

Breakfast Casserole

3 slices whole wheat bread, cubed
1/2 lb. Canadian bacon, chopped
3/4 cup reduced-fat shredded cheddar cheese
3/4 cup cholesterol-free egg product
1 cup skim milk
1/4 tsp. salt
1 tsp. prepared mustard
dash cayenne pepper

- · Preheat the Contact Roaster.
- · Coat the Baking Pan with non-stick spray and add the bread cubes.
- Layer the Canadian bacon over bread and then sprinkle cheese on top.
- Mix the cholesterol-free egg product, skim milk, salt, mustard and pepper. Pour over the bread mixture.
- Using oven mitts, insert the Baking Pan into the Contact Roaster.
 Close the Lid and set the Timer for 30 minutes or bake until eggs are set.
- · Yield: Serves 4



Roast Lamb with Potatoes

4-5 lb. bone-in leg of lamb 2 Tbsp. sea salt 1/3 cup of chopped rosemary 1 Tbsp. ground black pepper 2 Tbsp. minced garlic 1/3 cup olive oil 6 new potatoes

- Preheat the Contact Roaster.
- Mix sea salt, rosemary, black pepper, garlic and olive oil together in a bowl. Spread it on the leg of lamb and potatoes.
- Using oven mitts and a plastic or wooden utensil, place the leg of lamb and potatoes into the Contact Roaster and set the Timer for 105 minutes. Check for doneness and continue roasting if necessary.
- Yield: Serves 6

Garlic and Tarragon Roasted Chicken

4-5 lb. whole chicken 3 Tbsp. chopped tarragon

4 Tbsp. melted butter

1 Tbsp. minced garlic

salt and pepper to taste

1 lemon, sliced

1 Tbsp. olive oil

- · Preheat the Contact Roaster.
- Mix the tarragon, butter, garlic, salt and pepper in a bowl. Pull the skin away from the chicken and rub the mixture on the meat. Pull skin back over the meat.
- Place the lemon slices inside the chicken cavity and then rub the olive oil on the skin.
- Using oven mitts and a plastic or wooden utensil, place the chicken into the Contact Roaster and set the Timer for 60 minutes. Check for doneness and continue roasting if necessary.
- Yield: Serves 4-6

Roasted Chicken with Stuffing

2 1/2 lb. whole chicken 1 Tbsp. olive oil 1 Tbsp. Italian seasoning 1 10 3/4-oz. can reduced fat cream of mushroom soup 2/3 cup water 1 6-oz. box stuffing mix

- Preheat the Contact Roaster.
- Coat the Baking Pan with non-stick spray. Rub the olive oil over the chicken and sprinkle the Italian seasoning on top of the skin. Place into the Baking Pan.
- Mix the mushroom soup and water together. Stir in the dry stuffing mix. Arrange around the chicken in the Baking Pan.
- Using oven mitts, insert the Baking Pan into the Contact Roaster and set the Timer for 60 minutes. Check for doneness and continue roasting if necessary.
- Yield: Serves 4

Roast Pork with Apples and Garlic

2-3 lb. boneless center loin pork roast, 6-7 inches long 4 small baking apples, quartered 1 head of garlic, peeled 1 medium onion, cut into eighths 1 Tbsp. crushed thyme salt and pepper to taste

- Preheat the Contact Roaster.
- · Rub the pork roast with thyme, salt and pepper.
- Using oven mitts and a plastic or wooden utensil, place the meat into the Contact Roaster and set the Timer for 75 minutes.
- Core the apples and cut into quarters. Separate garlic cloves and peel. Cut the onion into eighths.
- Turn meat over and add the apples, onion and garlic. Set the timer for 15 minutes. Check for doneness and continue roasting if necessary.
- Yield: Serves 8-12

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Thank you for choosing Salton Maxim.

Register your product now to receive these benefits:

- Ensure your warranty is registered and valid
- Receive information on special price offers and promotions
- Notification of any issues concerning your product

Salton Maxim Housewares Pty Ltd warrants this product free from defects in material and workmanship for one year from provable date of purchase. Within this warranty period, Salton Maxim Housewares Pty Ltd will repair or replace, at its option, defective parts at no charge, provided the product is returned, freight prepaid with proof of purchase date.

The warranty does not cover improper installation, misuse, abuse or neglect on the part of the owner. Warranty is also invalid in any case that the product is taken apart, altered or serviced by an unauthorised service station.

For the latest information on our exciting range of innovative products for a healthy today and tomorrow visit our web site at **www.salton.com.au**

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Please fill in your warranty card below and send to the address shown on the back.				
Name:				
Address:				
State:	P/Code:			
Ph:	Email:			
Product:				
Model No:				
Purchased From:				
Date of Purchase:				
Please check the two (2) most important reasons influencing this purchase				
☐ Received as a gift	☐ Product features	☐ Saw on television		
☐ Prior experience with Salton Maxim	☐ Salton Maxim reputation	☐ Saw in newspaper / magazine		
☐ Recommendation of family/friend	☐ Ease of operation	☐ In-store demo		
\square Recommendation of Salesperson	☐ Saw product in store	☐ Special offer		
☐ Yes, I wish to receive informatio	n regarding new products			

CUSTOMER SERVICE

For Customer Service and Repair Contact:



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Salton(AUST) PTY LTD P O Box 683 Mordialloc Vic 3195 Australia

Free Call: 1800 427 842

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